

# Community Connections

## July 13, 2021



### Good Morning:

*Please feel free to pass this information on to anyone who might be interested.*

*You can find all of the past editions on Niagara Knowledge Exchange by [Clicking Here](#)*

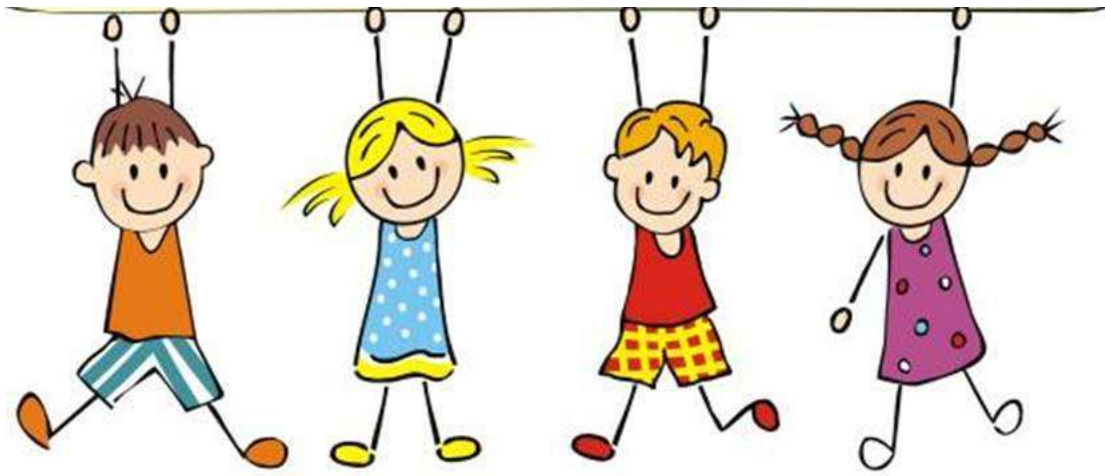
*Also, please let us know if there is anything you have found that has inspired you and we will share in future newsletters*



### Spotlight:

After months of lockdowns, children deserve

**A Summer of Play**



**Thrive Outside:** [Click here](#) to learn more about unstructured play and learning. Topics included are: Risk Benefit Assessment for Outdoor Play; What to Wear for Teaching and Learning Outdoors; Supporting Children with Disabilities and Exceptionalities Outdoors; Helpful Weather Tips and more.

**S'épanouir en plein air:** [Cliquez ici](#) aimeriez apprendre davantage au sujet du jeu et de l'apprentissage non-structurés. Les sujets incluent: Évaluation risques-avantages du jeu à l'extérieur; Comment s'habiller pour enseigner et apprendre en plein air; La gestion des comportements; Soutenir les enfants ayant des incapacités/exceptionnalités en plein air; et plus.

**Active for Life:** [Click here](#) to gain information and resources to keep the children active outside.

**Actif pour la vie:** [Cliquez ici](#) pour obtenir des informations et des ressources pour garder les enfants actifs à l'extérieur.

**The Nature Playbook:** is a free and accessible resource/tool for outdoor play practitioners; it was published in July 2016 by the Canadian Parks Council. [Click here](#) to download a pdf copy.

**Sortons jouer dans la nature:** est un outil/ressource gratuit et accessible qui s'adresse aux professionnels du jeu extérieur; il a été publié en juillet 2016 par le Conseil canadien des parcs. [Cliquez ici](#) pour accéder au livre.

**Risky Play Podcast:** Active for Life's Dr. Brussoni shares ideas about stimulating play environments and tips to help parents to enable their children to take part in active free play. [Cliquez ici](#) to learn more and to register.

**Podcast Enfants qui prennent des risques:** Actif pour la vie Dre Brussoni partage des idées sur les environnements de jeu stimulants ainsi que des conseils pour aider les parents à permettre à leurs enfants de participer à du jeu libre et actif. [Cliquez ici](#) le lien pour écouter ce balado (en anglais).

**Idées de chasses au trésor:** Pour rendre un petit cadeau plus intéressant ou simplement pour s'amuser en famille, les chasses au trésor font toujours fureur. [Cliquez ici](#) pour 10 idées pour petits et grands.

**COVID-19 Child and Youth Study: The Role of Play and Outdoor Space:** This study collects and analyzes the behaviours, feelings, and experiences of Canadian children and youth during the COVID-19 pandemic, as reported by children and youth themselves. [Click here](#) to read the report.

**Cet été, le jeu est plus important que jamais:** L'été est la promesse de passer plus de temps à l'extérieur, de s'affranchir de l'enseignement ou du travail en ligne et, peut-être plus important encore, de jouer beaucoup. [Cliquez ici](#) pour lire l'article.

**Outdoor Scavenger Hunts for Kids:** [Click here](#) for four outdoor scavenger hunt ideas, which range from easy to more advanced.

**Outdoor Treasure Hunt for Kids:** [Click here](#) for some readymade treasure hunt clues to start your child's outdoor adventure.

**La sécurité au soleil:** [Cliquez ici](#) pour obtenir des conseils

**Sun safety:** [Click here](#) for tips. [Click here](#) for Sun Safety information from Niagara Region Public Health

**Keep children cool!** [Click here](#) on how to protect your child from extreme heat.

**Gardez les enfants à l'abri de la chaleur!** [Cliquez ici](#) pour savoir comment protéger votre enfant de la chaleur extrême

## Check out these Local Activities and Resources:

**“This Will Not Break Me” Lunch & Learn Event:** United Way Niagara is presenting this free Lunch and Learn virtual conversation about stigma and mental health on July 21<sup>st</sup>. Tickets are free of charge and you do have the option to purchase an autographed copy of Jessica Gale Friesen’s new book “This Will Not Break Me”. [Click here](#) for more information.

**Youth Gambling Awareness Program:** The YMCA of Niagara’s Youth Gambling Awareness Program offers free virtual workshops that are suitable for youth ages 8-24, and even adults who work with youth. Their workshops focus on awareness, education and harm reduction and include topics such as When Gaming meets Gambling – Financial Literacy and Media Impact. For more details including contact information, please [click here](#)

**Niagara Parks:** From the thundering waters of Journey Behind the Falls and White Water Walk, to the serenity of the Butterfly Conservatory, Botanical Gardens and Niagara Glen nature trails. [Click here](#) to enjoy award-winning golf courses, heritage sites and artisan restaurants.

**Bicycling and Walking Trails in Niagara:** [Click here](#) for biking, walking and hiking trails in Niagara Region

**Jumpstart Play at Home:** As adults have continued to work at home, Jumpstart is encouraging families to also think about how to Play at Home. To encourage more movement and physical activity, their website contains lots of great links to ideas for indoor, outdoor and quiet activities. [Click here](#) to view their website. As in-person play options begin to re-open, [click here](#) to learn how to apply for Jumpstart funding. Also [click here](#) investigate ProKids, administered locally by the YMCA of Niagara.

**Bon départ à la maison:** [Cliquez ici](#) pour notre centre de ressources jouez à la maison propose des idées pour garder les enfants actifs. [Cliquez ici](#) pour faites une demande de financement pour l’activité de votre enfant.

**Unique to Niagara:** Niagara is home to a number of really unique things and unique locations – all free to discover. Plan a fun mini road trip close to home and see how many of these you can visit in a day. [Click here](#) to start planning.

## Activities and supports for you, your clients & families:

**Milk – Dairy Education Program:** [Click Here](#) for dairy farming videos.

**Lait - Programme d'éducation laitière:** [Cliquez ici](#) pour les vidéos de l'élevage laitier

**Where Does Food Come From?:** The gardens are popping, fruit is plentiful and farmer’s markets have so much to offer but do your children know where their food comes from? Help them learn the origins of the food they enjoy, [click here](#) to find information, activities and recipes that use the food growing around us.

**Faire découvrir la provenance des aliments aux enfants:** Apprendre d’où viennent les aliments par la réalisation d’activités éducatives est l’une des nombreuses façons pour les enfants d’apprivoiser des aliments méconnus ou mal-aimés. [Cliquez ici](#) pour activités éducatives sur l’alimentation permettra de bonifier ces causeries en approfondissant certains sujets.

**Défi des p’tits Chefs:** [Cliquez ici](#) pour avec des conseils et des trucs pratiques que tout bon chef devrait connaître!

**Kid Food Nation:** YTV’s Kid Food Nation offers a lot of fun recipes, activities and instruction that helps kids to get cooking. Helping with meal preparation is a bonus for the family plus it teaches great

skills. Also on this site is information about where exactly the food they are cooking with comes from. [Click here](#) to visit Kid Food Nation.

## Stay up-to-date:

*“As we safely and cautiously reopen, please continue to practice behaviours to help stop the spread of COVID-19 and book your vaccination appointment if you haven't already done so.” - Niagara Region Public Health*

**Vaccine Clinic – No appointment Necessary:** You no longer need an appointment to get your first dose of the COVID-19 vaccine at Niagara Health's vaccination clinic at the Seymour-Hannah arena. Now, anyone 12 years of age and older can come to the clinic at any time for their first dose. [Click here](#) to find out more information

**Ontario's Roadmap to Reopen – May 2021:** [Click here](#) to learn about the province's three-step plan to safely and gradually lift public health measures based on ongoing progress of province wide vaccination rates and improvements of key public health and health care indicators.

**Déconfinement de l'Ontario – mai 2021:** [Cliquez ici](#) pour renseignez-vous sur le plan de la réouverture en trois étapes de la province pour lever graduellement et en toute sécurité les mesures de santé publique en fonction de la progression continue des taux de vaccination dans.

**Ontario's vaccine distribution implementation plan:** [Click here](#) to learn about Ontario's vaccination program to help protect us against COVID-19.

**Plan de mise en œuvre de la distribution des vaccins de l'Ontario:** [Cliquez ici](#) et renseignez-vous sur le programme de vaccination de l'Ontario pour nous aider à nous protéger contre la COVID-19.

**Niagara Region FAQ's:** [Click here](#) if you have any additional questions about vaccines, booking appointments or general information about COVID-19.

**Ontario Government Covid-19 Update Page:** [Click Here](#) to get the latest case data and updates, learn how to protect yourself and others and get advice on what to do next if you think you might have COVID-19. (This site has the information available in many other languages.)

**Mise à jour Covid-19 du gouvernement de l'Ontario:** [Cliquez ici](#) pour obtenez les plus récentes données sur les cas et mises à jour, apprenez comment vous protéger et protéger les autres et obtenez des conseils sur la marche à suivre si vous craignez d'avoir contracté la COVID-19.

**Health Canada Covid-19 Update Page:** [Click here](#) to get the facts about COVID-19 vaccines and find resources for your families

**Gouvernement du Canada - Maladie à coronavirus (COVID-19):**  
[Cliquez ici](#) pour les faits sur les vaccins contre la COVID-19 et Ressources de sensibilisation

# Sometimes You Need To Look At Life From A Different Perspective



*We would like to apologize if you received multiple copies of this email. We are trying to reach out to as many early years educators and staff as possible. Please share with all of your staff, clients, families or anyone who is not on this email list.*

**Take Care and Stay Healthy**

*Karen & Sharon*

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SHOT**